

ABSTRACT

The present invention provides a muscle-building preparation for use during rehabilitation after injury or
5 post-injury surgery, the preparation containing a composition comprising 42 to 55% by weight of protein, 12 to 20% by weight of fat, and 23 to 42% by weight of carbohydrate, on a dry weight basis of the total weight of the composition; and a food containing the muscle-building
10 preparation.